

The free use of milk with some people is a serious question. A large quantity of milk swallowed suddenly, especially in the stomach a lump of dense, cheese curd. Under the action of the stomach this will turn over and over like a ball of wool, and the gas that is formed can only attack its surface it digests very slowly. The same milk taken with a biscuit, with a slice of toast, a roll of bread, or a slice of cake, will pass through the stomach as a thin, friable clot, which breaks up every time that the stomach turns over, and through which the gastric juices can pass. Milk that is taken with breadstuffs, is much more digestible than by itself. If the milk is still found too strong, a little honey or sugar poured into it, and a little of sugar added, makes it still more easily digested.